

ARE YOU ANGRY?

Roaring Tiger 🐅



Imagine you're a tiger. Stomp your paws, fiercely, and prepare your entire body for battle! Then take a deep breath... and roar like a tiger!

What was your roar like?

ARE YOU ANGRY?

Roaring Tiger

How to help your child:

Suggest your child expresses anger in a safe way:

- stomping feet
 - whole body movements
 - roaring like a tiger
- After this, take a few deep breaths with your child and say, "I am with you. You are safe."

How to calm yourself down:

Pay attention to your body: is it tense?

Pause. Take one deep breath.

You are an example of peace for your child.

ARE YOU ANGRY?

Duel with emotions



Imagine that the pillows are your emotions.

Stand in front of them and start punching like a real boxer. One punch—one unpleasant emotion defeated.

How did you feel after wrestling with your emotions?

ARE YOU ANGRY?

Duel with emotions

How to help your child:

Suggest a safe way for your child to overcome anger:

- hitting soft pillows
- hitting a special “anger pillow”
- add rhythm: “Hit – release!” After the activity, hug your child or breathe together.

How to calm yourself down:

You, too, may be feeling the tension. Focus on grounding yourself, take a deep breath. Your calm presence is your child's most important resource.

**Even in a storm, you are the one who
holds the helm.**

ARE YOU ANGRY?

Tearing



Imagine that anger lives in your hands.
Take a piece of paper or a napkin and
tear it into pieces, growling like a tiger.
With each "rrrr!", your anger diminishes.

**How did your feelings change after
tearing the paper?**

ARE YOU ANGRY?

Tearing

How to help your child:

Suggest that your child overcome anger by:

- tearing up napkins, newspapers or old drawings
- growling like a tiger: “rrrr!”
- picking up pieces of paper and throwing them away – and with them all the anger.

How to calm yourself down:

Instead of suppressing your emotions, allow them to emerge. Your presence and understanding can be more powerful than words.

Your calm reaction is something your child will remember.

ARE YOU ANGRY?

Elephant stomp



Imagine you're an elephant. Feel the weight of your legs. Start stomping your feet hard and rhythmically—boom! boom! boom!

What happened to your anger when you stomped like an elephant?

ARE YOU ANGRY?

Elephant stomp

How to help your child:

Suggest your child deal with anger through strong movements:

- tupanie nogami
- making animal sounds
- adding a game: “Go like an elephant to the wall and back” After that, breathe together.

How to calm yourself down:

Some of your child's movements may irritate you—that's normal. Focus on calm breathing.

Observe without interfering.

Allowing someone to express anger is also a form of caring.

**The child may become angry.
Your peace is their support.**

ARE YOU ANGRY?

Strong rock



Imagine you are a large, heavy rock. Place your hands on a table, floor, or wall. Press firmly and steadily into that spot. Feel your anger flowing into the earth.

What changed in your body after this exercise?

ARE YOU ANGRY?

Strong rock

How to support your child:

- Suggest that your child presses their hands against a stationary surface
- Instruct them to breathe slowly, gradually releasing anger
- Say together: "I am as strong as a rock."

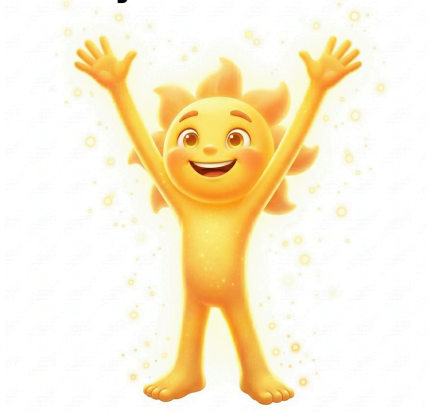
How to calm yourself down:

- Be there, but don't try to "explain"
- Your silence gives your child a sense of security
- Observe them with openness and trust

Sometimes silent support is the best response.

ARE YOU FEELING JOYFUL?

A ray of sunshine



Imagine you're a ray of sunshine. Raise your arms, smile, and slowly stretch while looking up at the sky. Take three deep breaths and feel the sun fill you with warmth.

How did you feel after stretching your muscles?

ARE YOU FEELING JOYFUL?

A ray of sunshine

How to support your child's joy:

Support this moment of joy by:

- Give them a wide smile.
- Repeat the movement with your child
- Say: "You are my sunshine." This will strengthen your bond and teach your child to see joy in simple things.

How to feel your child's joy yourself:

Stop for a moment.

Appreciate this sweet, bonding moment.

Take a deep breath and mentally say, "I am here. I am happy for you."

Shared joy is a memory that stays forever.

ARE YOU FEELING JOYFUL?

Happy balloon



Imagine you are a balloon.
Move the way the wind tells you to!
Jump, spin and dance like a balloon that
can't stop out of pure happiness.

**What movement brought you the
most joy?**

ARE YOU FEELING JOYFUL?

Happy balloon

How to support your child's joy:

- Play together: "Be a balloon!"
- Don't hold back – dance without limits
- Let your child feel that their energy is welcome, not overwhelming.

How to feel your child's joy yourself:

- Instead of controlling yourself, let yourself have fun
- Laugh and dance
- Feel the joy together with your child!

Shared joy is a memory that stays forever.

ARE YOU FEELING JOYFUL?

Hugs out of this world



When you feel happy, hug someone!
You can hug your mom, your dad, your pillow, or even yourself. Squeeze hard and shout, "Hurray!" and even other galaxies will feel your happiness!

**Who do you want to hug when
you're happy?**

ARE YOU FEELING JOYFUL?

Hugs out of this world

How to support your child's joy:

- Let them express their joy through their body
- Accept the hug with joy
- Say: "I love your cheerful hugs so much!"

How to feel your child's joy yourself:

- Hug in response – consciously and with love
- Breathe calmly, enjoying this happy moment
- Treat your child's joy as your motivation.

A hug is the simplest way to say, "I feel good with you."

ARE YOU FEELING JOYFUL?

Happy radio



Imagine that your joy wants to turn into sound.

Smile and laugh – loudly, vibrantly, just the way you like it!

If you want, shout "Yay!" or sing along!

What does your joy sound like?

ARE YOU FEELING JOYFUL?

Happy radio

How to support your child's joy:

- Let your child laugh loudly and shout with joy
- React positively: “Oh my, you are so happy!”
- Laugh together – it strengthens the bond.

How to feel your child's joy yourself:

- Allow yourself to laugh with your child
- Don't hold back your smile - it's the basis of happiness
- Let the joy spread!

A child's laughter is music for the home.

ARE YOU FEELING JOYFUL?

Paint your joy



Take colored pencils or paints and express your joy on paper. It can be a sun, a heart, your favorite character or just colorful spots!

What color is your joy?

ARE YOU FEELING JOYFUL?

Paint your joy

How to support your child's joy:

- Encourage creativity
- Don't correct or comment - just observe
- Ask: "How did you feel when you painted this?"

How to feel your child's joy yourself:

- Paint something together with your child
- Choose bright colors that make you happy
- Don't look for perfection - look for feelings.

**Joy can be put down on paper to
remember later.**

ARE YOU SAD?

Cozy blanket



When you're feeling sad, wrap yourself in a blanket or quilt like a cocoon. Imagine it's a home for your sadness. Sit in silence. Just be.

Feel your sadness – what is it like?

ARE YOU SAD?

Cozy blanket

How to help your child:

- Don't rush to cheer up - let your child feel sad
- Wrap your child in a blanket or just be there
- Say: "I see you're sad. I'm here with you."

How to help yourself:

- You can experience this too – it's normal
- Instead of expecting explanations, just be there and support
- A comfortable silence can be more valuable than 1000 words

Sadness passes faster when it is not hidden.

ARE YOU SAD?

Allow yourself to cry



When tears well up in your eyes, that's good. It means your sadness is trying to come out. You can cry. It will make you feel better.

What do you feel in your body when you cry?

ARE YOU SAD?

Allow yourself to cry

How to help your child:

- Don't make your child hold back their tears
- let them express their emotions.
- Say gently: "Cry it out—it's normal. I'm here."
- Sit next to them and support them silently.

How to help yourself:

- You too can feel sadness when you see your child's tears.
- Instead of thinking: "calm down" – breathe together with your child
- Your silent support and presence are the most important.

Tears are rain that helps inner strength grow.

ARE YOU SAD?

Tell me about your sadness



When you feel sad, tell someone who will definitely listen to you.

It could be your teddy bear, your mom, your dad, or even your pillow. When you share your feelings, you feel lighter.

Can you identify the source of your sadness?

ARE YOU SAD?

Tell me about your sadness

How to support your child:

- Give your child a favorite toy and say:
“You can tell your teddy bear why you are sad.”
- If your child wants to talk to you about it, listen quietly or say, “I see why you're sad. It's okay to feel that way.”

How to help yourself:

- Don't demand answers from yourself - just listening to your child is enough
- Remember that your presence alone is also support
- If you want, you can also share what made you sad as a child.

When sadness turns into words, it is no longer so terrible.

ARE YOU SAD?

A peaceful cradle



Sit comfortably and begin to rock slowly —forward, backward, or side to side. Breathe calmly in rhythm with your movements.

What happened to your sadness when you rocked?

ARE YOU SAD?

A peaceful cradle

How to support your child:

- Encourage your child to slowly rock while sitting on a chair, ball or on your lap
- Breathe rhythmically together
- Say: "You are safe. I am there for you, even when you are sad."

How to help yourself:

- Slow, rhythmic movements will calm you down too
- If you can, take your child in your arms and rock together
- Don't rush to change their sad mood.

Sadness wants to be noticed, not just removed.

ARE YOU SAD?

A cloud of sadness



Imagine your sadness as a cloud floating across the sky of your heart. You can lie there and watch it slowly move... and then, over time, it drifts away and disappears.

What does your cloud of sadness look like?

ARE YOU SAD?

A cloud of sadness

How to support your child:

- Help your child imagine sadness as a cloud: "What is it like? Light? Dark? Small or large?"
- Say: "Clouds always move on. And sadness too."

How to help yourself:

- Remember: you don't have to cheer up your child immediately
- Your calm acceptance of emotions is already a support
- Breathe together, imagining your inner "heaven."

**Sadness is like a cloud: it appears,
floats... and disappears.**

ARE YOU SAD?

Fireflies



When your mood is cloudy, imagine tiny fireflies flying around inside you. Take a deep breath and say to yourself: “The light is in me.”

Where in your body do you feel fireflies?

ARE YOU SAD?

Fireflies

How to support your child:

- Suggest imagining a group of fireflies inside yourself
- You can play with your child: turn on a flashlight, lamp or hold a light toy
- Repeat with your child: "The light is in me"

How to help yourself:

- It's normal to feel anxious when a child is sad
- Instead of saying, "Nothing's wrong," say, "I see something's wrong. I'm here with you."
- Your calm voice and gaze will brighten your child's mood.

When a child feels cloudy, he needs light.

DO YOU FEEL FEAR?

Trembling Bunny



When you feel fear, stand like a scared bunny. Shake your paws, your arms, your whole body. Vigorously! Then stop and take a breath.

How did pretending to be a scared bunny change your feelings?

DO YOU FEEL FEAR?

Trembling Bunny

How to support your child:

- Suggest "shaking out" fear with your body, just like animals do
- Show an example – shake your hands or legs together with your child
- Say: "You can shake off your fear – your instincts will tell you how!"

How to support yourself:

- If you are also tense, do the same: shake your shoulders, exhaling calmly.
- Giving your instincts rein is also an important emotional skill

**Fear likes to hide in the body —
but the body knows how to release it.**

DO YOU FEEL FEAR?

Find your safe haven



When you're afraid, find a place where you feel comfortable. It could be a pillow fort, a blanket cocoon, or your bed. There, the fear isn't as great.

What's in your safe haven?

DO YOU FEEL FEAR?

Find your safe haven

How to support your child:

- Suggest creating a “safe den” at home: use blankets, pillows, favorite toys
- Say: "This is your place, where fear cannot reach you. I am nearby."

How to support yourself:

- You don't have to support a scared child with words – it's enough that you are there – you are also his “safe haven”
- A calm presence is the most important support

**Fear likes to hide in the body —
but the body knows how to release it.**

DO YOU FEEL FEAR?

Exhale fear



Imagine your fear as a cloud in your chest. Take a deep breath... then slowly exhale. Imagine the fear floating out with the air.

How many clouds did you blow?

DO YOU FEEL FEAR?

Exhale fear

How to support your child:

- Suggest a shared breathing exercise:

"Inhale - let's breathe in. Exhale - let's release fear."

- You can "blow" on an imaginary candle or "blow" different cloud shapes in the air.

How to support yourself:

- Your breathing is an example for your child

- Slow down, breathe deeper - create a safe, comfortable rhythm.

**When fear is in the air -
you can blow it out together.**

DO YOU FEEL FEAR?

Sketch of Fear



Imagine what your fear looks like. Is it small or large? Sloppy, spiky, dark or light? Draw it! Then figure out how to calm it down.

What is your fear trying to tell you?

DO YOU FEEL FEAR?

Sketch of Fear

How to support your child:

- Give your child space to draw
- Don't judge – just ask questions: "What does this fear like? What is it afraid of?"
- Suggest coming up with a name for him.

How to support yourself:

- Your calm acceptance of children's "monsters" is support for the child
- These aren't just fantasies – they're a way to reduce tension.

When fear takes form, you can become friends with it.

ARE YOU ASHAMED?

Cover your mouth with your hands - then show it again



Sometimes we feel the need to hide. This is completely normal. You can cover your mouth with your hands... then slowly reveal them again. You're here. You're okay.

**How do you feel when no one sees you?
And what about when you are visible
again?**

ARE YOU ASHAMED?

Cover your mouth with your hands - then show it again

How to help your child:

- Say: "You didn't do anything wrong. You were just embarrassed."
- Accept the "hide" gesture — and gently suggest a return

How to calm down:

- Don't force anything: "look into my eyes" – let your child do things at his own pace
- Stay close without pressure

Even when a child tries to hide, he knows he is loved.

ARE YOU ASHAMED?

Just like a snail – in its home



Imagine you're a snail. Curl up into a ball. Wait a moment in your home. Breathe calmly. When you're ready, slowly exit your home.

What would you take with you to your cottage?

ARE YOU ASHAMED?

Just like a snail – in its home

How to support your child:

- Let your child “hide” – don’t rush your child to come outside
- Say calmly: "You can stay in your house. I'm here if you want to go outside."
- Stay close without pressure – your calmness gives your child a sense of security

How to calm down:

- Understand that your child is not hiding from you – he is protecting himself from shame
- Take a deep breath. Tell yourself, “I don't have to figure this out right now. I'm just here for him/her.”

You feel safe in the house. And then you can go outside again.

ARE YOU ASHAMED?

Message to yourself



Write down or say aloud:

“I made a mistake. I’m learning.” This is the magic phrase that makes us feel no shame about ourselves.

What would you say to your friend if this happened to them?

ARE YOU ASHAMED?

Message to yourself

How to support your child:

- Help your child create a kind message for themselves: “I made a mistake, I'm still learning. It doesn't make me a bad person.”
- Suggest: “Do you want me to say it out loud too?”
- Set an example – say something nice to yourself too

How to calm down:

- When a child feels embarrassed, it can be difficult for you too
- Tell yourself: “I'm doing enough. My love is meant to support, not control.”

**You feel safe in the house. And then
you can go outside again.**

ARE YOU ASHAMED?

Say it out loud



Say: "I feel embarrassed." It's not easy, but admitting it out loud makes us feel better.

**Are you afraid of other people's
reactions?**

ARE YOU ASHAMED?

Say it out loud

How to support your child:

- Allow your child to admit, “I feel embarrassed,” without interrupting him.
- Calmly respond: “Thank you for sharing this with me. You don't have to be perfect. I love you.”
- Give an example: say something about your mistakes – without judging yourself.

How to calm down:

- Don't try to “explain” or “fix” it right away
- Say to yourself: “My silence and acceptance is the best response to a child's shame.”

**True strength is saying what we are
ashamed of and being heard.**

ARE YOU ASHAMED?

Hugs from each other



Give yourself a big hug. Say, "Even if I'm ashamed, I am good, I am needed."
Repeat this like a magic spell.

What words of support do you want to hear from yourself right now?

ARE YOU ASHAMED?

Hugs from each other

How to support your child:

- Suggest: “Give yourself a hug the way you would like to be hugged.”
- Say: “Even when you feel ashamed, you deserve kindness.”
- You can do it together: you hug yourself and your child imitates.

How to calm down:

- The image of an embarrassed child can evoke deep emotions in you
- Hug yourself and say, “My touch is support. I, too, deserve kindness.”

**You deserve kindness, even in
moments of shame.**

ARE YOU LOST?

Untangle the ball



Imagine that the thoughts in your head are like threads that have become tangled.

Slowly pull on one. Now the other. Imagine them gradually unraveling.

What's most on your mind right now?

ARE YOU LOST?

Untangle the ball

How to help your child:

- Say: "It seems like there's a knot in your thoughts. Let's try to slowly untangle it together."
- Don't push – let your child speak at their own pace

How to calm down:

- Pause, you don't have to know the answer right away
- Accepting the state of being lost is the first step to solving the problem.

Every ball of yarn has an end, you just need to find the beginning of the thread.

ARE YOU LOST?

Touch five things



Look around and touch 5 different things around you: soft, hard, warm, cold, smooth... Name them out loud.

**Which of these feelings helped
you focus?**

ARE YOU LOST?

Touch five things

How to support your child:

- Say: “Let’s find things around us together: 5 that you see, 4 that you hear, 3 that you feel...”
- Speak calmly, with pauses so that the child returns to a calm state
- After the exercise, hug them and say, "I'm here. You're doing great."

How to calm down:

- Do the exercise yourself: "What do I see? What do I hear? What am I basing my thoughts on?"
- This helps not only the child, but also you, to remain calm and present.

Through touch, thoughts become clearer.

ARE YOU LOST?

Put yourself together from the
pieces



Draw or imagine: what do you look like now? Now imagine putting yourself back together piece by piece: head, heart, arms, legs. Does it all fit?

Which part of you wants to get some rest?

ARE YOU LOST?

Put yourself together from the pieces

How to support your child:

- Say: "Sometimes it can feel like chaos inside. Let's try to pull ourselves together piece by piece."
- Suggest an exercise: collecting soft toys, puzzles, or simply placing your hands on different parts of the body: "These are my legs... This is my stomach... This is my chest..."
- Help us name our feelings: "Your confusion isn't terrible. We're together."

How to calm down:

- Tell yourself, "I don't have to fix this for them right now. I can just be here to help when they're ready."
- Place your hand on your heart or stomach – and breathe with your baby.

You are whole—even if you feel scattered.

ARE YOU LOST?

Only one thing matters now



Sometimes physical activity helps you focus on **ONE** thing.

Choose one activity, one game, one sound, one word. Just do one thing.

What do you want to do here and now?

ARE YOU LOST?

Only one thing matters now

How to support your child:

- When a child is confused or "freezing up," say, "Let's just do one thing now. One thing only."
- Suggest a simple activity: for example, taking a blanket, drinking water, pressing your foot on the floor
- Then say, "See? You've already solved one thing. That's a good start."

How to calm down:

- In a moment of childhood confusion, you too may lose clarity of thought.
- Ask yourself, "What is one thing I can do right now to support my child?"

**Even breathing itself is already an answer.
One thing is enough to get started.**

ARE YOU LOST?

Point the direction



Stand up. Turn toward the side where it's easier for you to breathe. Stretch your arm out in front of you. That's your direction. Take a decisive step.

Which direction do you want to go?

ARE YOU LOST?

Point the direction

How to support your child:

When your child doesn't know what to do, help them simplify their choices. Say, "If you want, we'll choose the first step together. Here's one option. And here's the other."

- Offer no more than two options – this calms the brain when it is confused.

How to calm down:

- Instead of “fixing” your child’s condition, tell yourself: “I am a compass, not a rudder. I only point the way.”

- It reduces tension and helps you stay calm.

**Even breathing itself is already an answer.
One thing is enough to get started.**

ARE YOU FEELING ANXIOUS?

A cloud in my stomach



When you feel a knot in your stomach, imagine it's a cloud. Place your hands on your stomach and breathe: a slow inhale through your nose, a long exhale through your mouth. The cloud slowly shrinks...

What color is your anxiety cloud right now?

ARE YOU FEELING ANXIOUS?

A cloud in my stomach

How to help your child:

- Name his condition: "It looks like your anxiety cloud is active. Let's breathe together."
- You can lie down next to me, put your hands on my stomach – and breathe in the same rhythm.

How to support yourself:

- Don't rush to "dispel" anxiety – let it be there first.
- Your breath = support for your baby.

**Clouds of anxiety are not eternal – they
pass.**

ARE YOU FEELING ANXIOUS?

Feel the earth beneath your
feet



Stand with your bare feet on the floor.
Tap them. Press into your heels. Say
aloud, "I'm here. I'm okay. My feet are
holding me in place."

What do you feel under your feet now?

ARE YOU FEELING ANXIOUS?

Feel the earth beneath your feet

How to support your child:

- Invite your child to stand barefoot: "Feel the floor holding your feet. Step with me."
- Say simple sentences together: "I am here. My feet are on the ground. I am safe."
- You can stand next to the child, holding his hands - this strengthens the feeling of being grounded.

How to calm down:

- In moments of childhood anxiety, also do this simple thing: slowly press your feet to the floor.
- Say to yourself: "I am also standing. I am grounded. I am present."

**Clouds of anxiety are not eternal – they
pass.**

ARE YOU FEELING ANXIOUS?

Take a look around



Name 5 things you see. Then 4 that you hear. 3 that you can touch. 2 that smell. 1 that tastes.

**You are here and now.
What pleasant thing do you see or hear?**

ARE YOU FEELING ANXIOUS?

Take a look around

How to support your child:

– In a calm voice, suggest: “Let’s find 5 things that you can see... 4 that you can hear... 3 that you can touch...

2 — which smell... and 1 — which has a taste.”

– Speak slowly, with pauses – it helps you focus on the present moment

– Finish with: “See? You’re here now. Everything’s fine.”

How to calm down:

– Do the exercise together with your child — this will help not only him, but also you

– Tell yourself: “I don’t have to control his/her anxiety – I can help bring him/her back to the present moment.”

Clouds of anxiety are not eternal – they pass.

ARE YOU FEELING ANXIOUS?

Wrap yourself up and make a
nest



Make a "nest" for yourself: a blanket, pillows, a favorite toy. Wrap yourself up. Inhale—through your nose. Exhale—slowly. You are safe.

**What would you like to take with you to
your nest?**

ARE YOU FEELING ANXIOUS?

Wrap yourself up and make a nest

How to support your child:

- Suggest creating a “nest” with a blanket, pillows or favorite things.
- Say: “This is your place of peace. Here you can hide and rest.”
- Add something of your own: a toy, warm tea, a lamp – anything that gives you a sense of coziness and control.

How to calm down:

- When the baby is in the nest, allow yourself to sit down, lean back, take a sip of tea
- Say to yourself: “I am creating a safe space for him/her. And I can stay there myself, at least for a moment.”

In the nest, anxiety rests with you.

ARE YOU FEELING ANXIOUS?

Put your worries in a box



Imagine a box. Put every disturbing thought inside it. Close the lid. Say, "I'll think about it later. I'm resting now."

What do you want to put in the box first?

ARE YOU FEELING ANXIOUS?

Put your worries in a box

How to support your child:

- Suggest: "Imagine or prepare a real box. Let's put all your worries in it—one by one."
- Help them name their worries out loud or draw them on cards
- Finish with: "Whenever you want, we'll open the box together. Now, it can wait on the side."

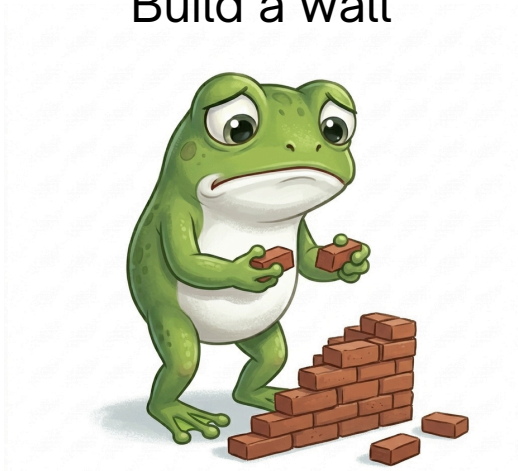
How to calm yourself down:

- You can also imagine your "worry box" and say, "I don't have to solve everything now. I can put something off until later."
- This simple action helps you stay present and stable.

You can give your worries space – and put them aside for later.

DO YOU FEEL OFFENDED?

Build a wall



Being offended is like a wall between you and others. Inside the wall is pain. You can stay there. But then decide whether you want to build a bridge to the outside.

What caused you the greatest distress?

DO YOU FEEL OFFENDED?

Build a wall

How to support your child:

- Say: "You're in pain. I see it. I'm here."
- Don't force "forgiveness" – let it be felt.

How to calm yourself down:

- Remember: resentment is pain, not manipulation.
- Give your child time and be attentive.

**You can build a bridge over a wall—
when you're ready.**

DO YOU FEEL OFFENDED?

Put your pain on paper



Take a piece of paper and write or draw: what happened? What did you feel? What did you want? This will help you understand yourself.

What do you want to be heard?

DO YOU FEEL OFFENDED?

Put your pain on paper

How to support your child:

- Suggest taking a piece of paper or a notebook and say, "Try to write or draw what offended you. What happened? How do you feel?"
- Don't correct your child's words - just be there
- You can add: "Your words are important. I'll keep them if you want."

How to calm yourself down:

- Remember: "Resentment is pain that wants to be heard. The child expresses himself not against me, but for himself."
- You can also write a few words for yourself. It reduces tension and helps you find peace.

When you talk about resentment, it stops being just inside.

ARE YOU FEELING ENERGIZED?

Stop like a horse



Stand like a horse that ran, ran, ran... and stopped. Inhale. Exhale. Feel your hooves. Press your feet into the floor. Tell yourself, “I can stop.”

What sensations occur in your body when you stop?

ARE YOU FEELING ENERGIZED?

Stop like a horse

How to support your child:

- Say: "It looks like your engine is overheating. Let's pause, like a horse."
- Press your hands against the baby's shoulders or hands.

How to calm yourself down:

- If you feel irritated, exhale slowly through your mouth.
- Your slowness = her/his mirror

Even the fastest horse stops to rest.

ARE YOU FEELING ENERGIZED?

Slow Balloon



Imagine you are a balloon.
Slowly exhale... Fffff... Exhale through
your mouth. Repeat until the balloon
becomes soft.

How many breaths does your balloon need?

ARE YOU FEELING ENERGIZED?

Slow Balloon

How to support your child:

– Say: “Imagine you are a balloon that is slowly deflating.

Let's do it together: inhale... and exhale very slowly...”

– You can play with soap bubbles or blow out an imaginary candle.

– Add: “When you breathe slowly, your thoughts slow down too.”

How to calm yourself down:

– Take a deep breath in through your nose... and a slow, long breath out through your mouth

– Say to yourself: “My exhalation is a signal to the body that the threat has passed.”

Even the fastest horse stops to rest.

DO YOU FEEL OVERWHELMED?

Too much of everything



When everything feels too much, allow yourself to pause. Give yourself a hug. Inhale. Place your hands on your shoulders and say, “I am here and now.”

What's weighing you down the most right now? Light? Noise? People?

DO YOU FEEL OVERWHELMED?

Too much of everything

How to support your child:

- Remove them from the overloading environment.
- Provide silence, stability, body contact (hug or gentle pressure).
- Say: “This is too much for you. Let's rest.”

How to calm yourself down:

- Do a quick body check: where does tension accumulate?
- One deep breath – and you are closer to peace.

When there is too much, it is time to do less.